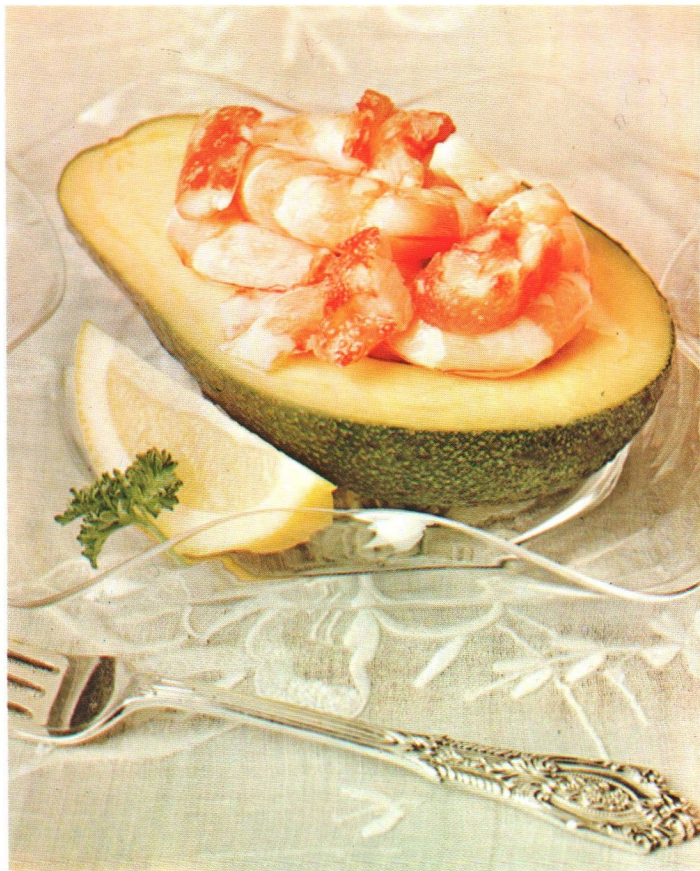


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THE IMPORTANT FIRST COURSE



about **THE IMPORTANT FIRST COURSE . . .**

Hostesses often find the first course the most difficult of all to plan, and this set is packed with brilliant ideas for preparing a light, perfect beginning to a meal.

Ellen Sinclair

*Ellen Sinclair, Food Editor
Australian Women's Weekly*

The recipes in the important first course offer a wide choice of appetising beginnings to set any meal off to a great start.



- F 1** French Onion Soup
- F 2** Chicken Vol-au-Vent
- F 3** Brandy Pate
- F 4** Iced Cucumber Soup
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Vichyssoise
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Hot Lentil Soup
- F23** Calamari
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BALANCING A MENU

The three courses of a menu — first course, main course, dessert — should contrast not only in flavor, but in color and texture, too.

If you're having a casserole with a creamy sauce for the main dish, don't start the meal with a cream-style soup, or follow the main course with a creamy dessert. There would be no contrast of color or texture.

If you're starting the meal with a chicken soup, don't choose a chicken dish for the main course. If you're having fish (prawn or seafood cocktail, fish or oyster soup) as the first course, don't follow with a fish dish for the main course. There would be no contrast of flavors.

The first course should be chosen to balance the remainder of the meal. If you are having a hearty main course, then choose a light, appetising first course — one that will not dull the appetite for the main course to come.

On the other hand, if the main course is a fairly light one, then you can balance the menu by choosing a rather more substantial first course.

Photography by Garry Isaacs

FRENCH ONION SOUP



FRENCH ONION SOUP

60 g (2 oz.) butter
 4 large onions
 1 teaspoon sugar
 2 teaspoons flour
 2 470 g (15 oz.) cans
 beef consomme

3 cups water
 pepper
 8 slices white bread
 250 g (8 oz.) gruyere or
 cheddar cheese
 30 g (1 oz.) butter

Heat butter in large saucepan, add peeled and sliced onions, saute until onions are tender and golden brown. Add sugar and flour, stir until combined, stir in consomme and water, bring to boil; reduce heat, simmer, covered, 30 minutes. Season with pepper. (Canned soup usually contains enough salt.)

Cut bread slices into 10 cm (4 in.) rounds, toast slices. Grate cheddar cheese, combine with parmesan, cover bread rounds with cheese, put under griller until cheese is golden brown. Put one cheese slice into bowl, pour hot soup over.

Serves 8

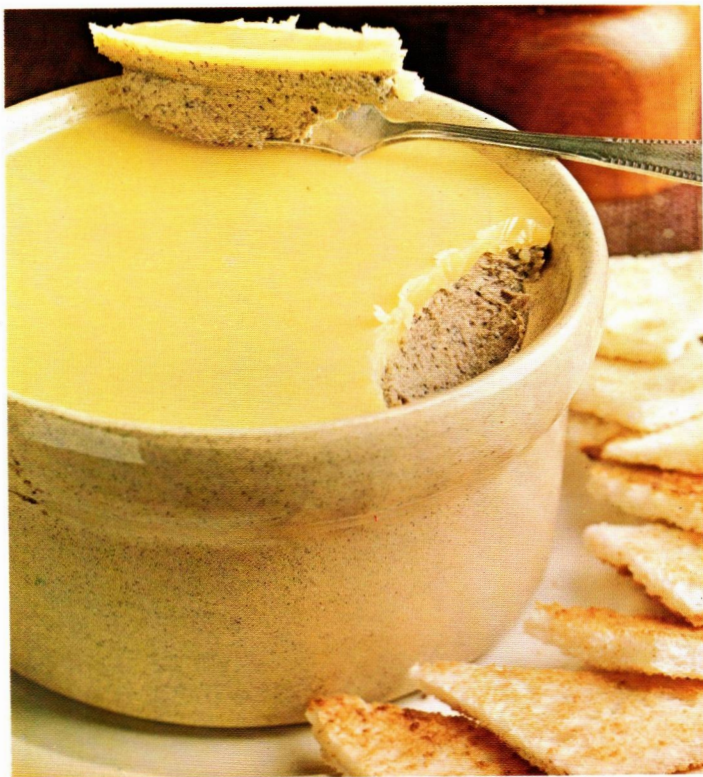
CHICKEN VOL-AU-VENT**CHICKEN VOL-AU-VENT****2 whole chicken breasts****60 g (2 oz.) butter****3 tablespoons flour** **$\frac{3}{4}$ cup cream****salt, pepper****60 g (2 oz.) cheddar cheese****220 g (7 oz.) can champignons
(small mushrooms)****3 shallots****1 tablespoon chopped parsley****2 teaspoons dry sherry****1½ teaspoons prepared mustard****4 10 cm (4 in.) vol-au-vent
cases**

Steam or boil chicken breasts in usual way until tender, remove from heat; reserve 1 cup of the chicken stock. Remove skin and bones from chicken meat, cut meat into 2.5 cm (1 in.) pieces.

Heat butter in pan, add flour, stir until combined; remove from heat, gradually add reserved chicken stock and cream, stir until combined. Return to heat, stir until sauce boils and thickens. Season with salt and pepper, simmer sauce 2 minutes. Add grated cheese, drained sliced champignons, chopped shallots, parsley, sherry, and mustard, stir until cheese melts.

Add chicken pieces, heat through gently. Place vol-au-vents in moderate oven for 5 minutes until hot. Spoon chicken mixture into vol-au-vents. Sprinkle tops with a little chopped parsley.

Serves 4.

BRANDY PATE**BRANDY PATE**

250 g (½ lb.) chicken livers

30 g (1 oz.) butter

1 small onion

¼ teaspoon thyme

1 small bayleaf

3 rashers bacon

1 tablespoon port

1 tablespoon dry sherry

1 teaspoon brandy

salt, pepper

⅓ cup cream

60 g (2 oz.) mushrooms

Clean and dry chicken livers. Heat butter in pan, saute livers, finely-chopped onion, thyme, bayleaf, chopped mushrooms, and chopped bacon 7 to 10 minutes.

Remove from heat, discard bayleaf. Put mixture in blender with cream, blend until smooth; push through sieve. Stir in port, sherry and brandy. Season with salt and pepper.

Spoon into serving dishes. If pate is being prepared well in advance, spoon over melted butter to cover; this helps keep pate moist. Refrigerate. Serve with the firm butter on top. Serve with hot toast.

ICED CUCUMBER SOUP



2 cucumbers
1 cup chicken stock
1¼ cups cream

½ teaspoon curry powder
salt, pepper

Peel and chop cucumbers, place in electric blender with chicken stock. Blend on medium speed until smooth. Then push through sieve.

Add cream and curry powder, season with salt and pepper. Refrigerate until well chilled. Serve topped with thin slices of cucumber or chopped chives or parsley.

Serves 4.

CARROT SOUP

60 g (2 oz.) butter
500 g (1 lb.) carrots
1 large onion
salt, pepper

¼ teaspoon sugar
1.5 litres (6 cups) chicken stock
⅓ cup rice
30 g (1 oz.) butter, extra

Heat butter in pan, add peeled and sliced carrots and peeled and finely-chopped onion; saute, covered, 10 minutes, stirring occasionally. Season with salt, pepper and sugar. Add 4 cups of the chicken stock and rice, cover and simmer gently 30 minutes. Push vegetables with their liquid through sieve, or puree in electric blender. Return carrot mixture to pan, add the remaining 2 cups chicken stock and extra butter, bring back to boil. Sprinkle, if desired with chopped parsley.

Serves 6.

HORS D'OEUVRE PLATTER



HORS D'OEUVRE PLATTER

A selection of hors d'oeuvre can be obtained from the delicatessen. Shown in the picture are canned red salmon, shelled prawns, caviar, sliced salami, pickles, smoked ham, sliced gherkins, edam cheese, sliced tomatoes, sliced avocados, roll-mops, stuffed olives, sliced hard boiled eggs, sliced cabanossi, black olives, and blue vein cheese.

Arrange selection on a serving platter, serve with thin slices of black, rye, or pumpernickel bread.

Alternative items on the hors d'oeuvre platter could include: champignons (canned small mushrooms), canned artichoke hearts, cucumber slices, pickled onions, slices of corned beef or chicken, canned whole kernel corn, small whole or sliced beetroot, radishes, dill pickles, etc.

SALMON PATE

- 1 tablespoon gelatine
- ½ cup hot water
- 1 chicken stock cube
- 250 g (8 oz.) can red salmon
- ¼ cup mayonnaise

- 2 tablespoons parsley sprigs
- 2 teaspoons lemon juice
- 2 shallots or spring onions
- ½ cup cream
- salt, pepper

Put hot water, gelatine, and chicken stock cube in electric blender, blend on high speed 2 minutes. Add undrained salmon, roughly chopped shallots, and remaining ingredients, blend until smooth.

Pour mixture into lightly-oiled individual small moulds. Refrigerate until set. Unmold on to leaves of crisp lettuce. Serve with Green Horseradish Sauce.

Serves 4.

GREEN HORSERADISH SAUCE

- 1 egg
- 1 egg-yolk
- 1 teaspoon prepared mustard
- ½ cup parsley sprigs
- 1 tablespoon white vinegar

- 1 cup oil
- 1 tablespoon bottled horseradish relish
- salt, pepper

Put egg, extra egg-yolk, mustard, parsley, vinegar, salt and pepper in electric blender, blend 1 minute or until parsley is very finely chopped. Continue to blend, adding oil drop by drop until approximately ½ cup of oil has been added and mixture has thickened. Then slowly pour in remaining oil in a thin stream; continue to blend as oil is combined and mixture thickens. Add horseradish relish to blender; blend a few seconds more. Refrigerate before serving.

PUMPKIN VICHYSOISE**VICHYSOISE**

2 leeks (or 2 large onions)
 2 medium onions, extra
 500 g (1 lb.) potatoes

1.25 litres (5 cups) chicken
 stock
 1¼ cups cream
 salt, pepper

Place cleaned, sliced leeks, peeled and chopped onions, peeled and chopped potatoes and chicken stock into large saucepan. Bring to boil, reduce heat, simmer, covered, 25 minutes. Push vegetables and liquid through fine sieve, or puree in electric blender. Return vegetable puree to pan, add cream, salt and pepper; bring to boil, reduce heat, simmer 5 minutes.

Serves 6.

PUMPKIN VICHYSOISE

(shown in picture)

750 g (1½ lb.) pumpkin
 2 leeks or 2 large onions
 375 g (¾ lb.) potatoes

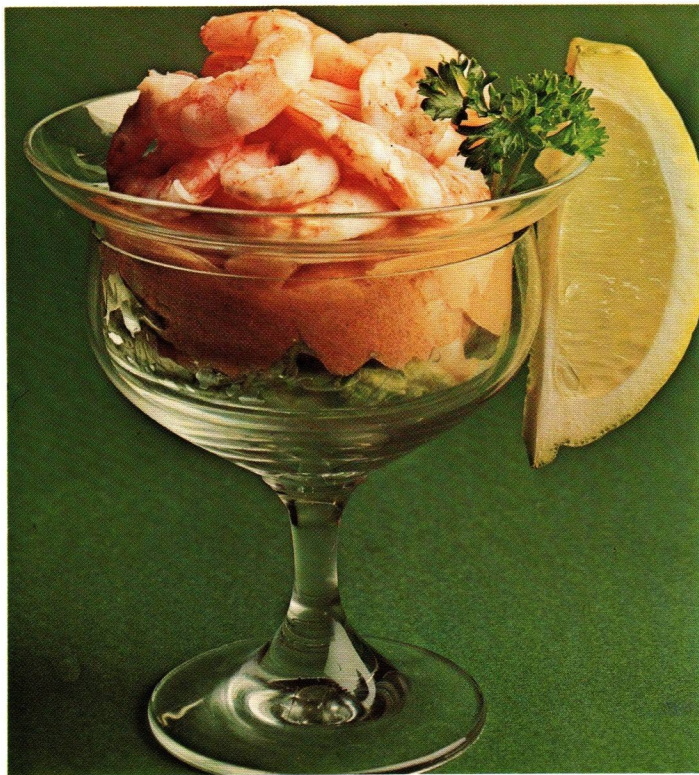
4 cups chicken stock
 1¼ cups cream
 salt, pepper

Peel pumpkin, cut into small pieces, put into large saucepan. Add sliced leeks or peeled and chopped onions, peeled and chopped potatoes and chicken stock. Bring to boil, reduce heat, simmer uncovered 25 minutes or until vegetables are very soft and tender.

Push vegetables and liquid through fine sieve. Return puree to pan, add cream, season with salt and pepper. Bring to boil, stirring, reduce heat, simmer 5 minutes.

Serves 6.

PRAWN COCKTAIL



750 g (1½ lb.) prawns
lettuce

lemon wedges
parsley

Shell prawns. Shred lettuce finely, place layer of lettuce in each dish. Top with prawns, refrigerate until serving time, then spoon over prepared cocktail sauce. Garnish each dish with lemon wedge and parsley.

Serves 4.

SEAFOOD COCKTAIL

Oysters, crab, and lobster can be added to prawns.

COCKTAIL SAUCE

2 tablespoons tomato sauce
1 teaspoon worcestershire
sauce
1 teaspoon lemon juice
few drops tabasco sauce

½ teaspoon prepared mustard
1 teaspoon brandy
salt, pepper
½ cup lightly-whipped cream

Place tomato sauce, worcestershire sauce, lemon juice, tabasco sauce, brandy, mustard, salt and pepper into bowl, stir until combined. Gradually add sauce mixture to cream, mix lightly.

AVOCADO CREAM SOUP**AVOCADO CREAM SOUP****1¼ cups chicken stock****½ cup milk****2 ripe avocados****salt, pepper****¾ cup cream**

Peel avocados, remove seeds. Put chopped avocados in blender with cream and milk. Blend on medium speed until smooth.

Place avocado mixture and chicken stock in bowl, stir until combined, then push through fine sieve. Season with salt and pepper. Refrigerate until cold.

Serves 4.**SHERRIED MUSHROOM SOUP****60 g (2 oz.) butter****1 tablespoon dry sherry****125 g (4 oz.) mushrooms****1¾ cups milk**

**470 g (15 oz.) can cream of
mushroom soup**

Heat butter in pan, add finely-chopped mushrooms, saute gently until mushrooms are tender; approximately 5 minutes. Add mushroom soup, stir until combined. Gradually add milk, stirring until combined. Stir in sherry. Stir until soup is hot, do not boil.

Serves 4.

GRAPEFRUIT AND ORANGE COCKTAIL

GRAPEFRUIT AND ORANGE COCKTAIL

2 grapefruit
½ cup orange juice

2 tablespoons dry sherry
mint

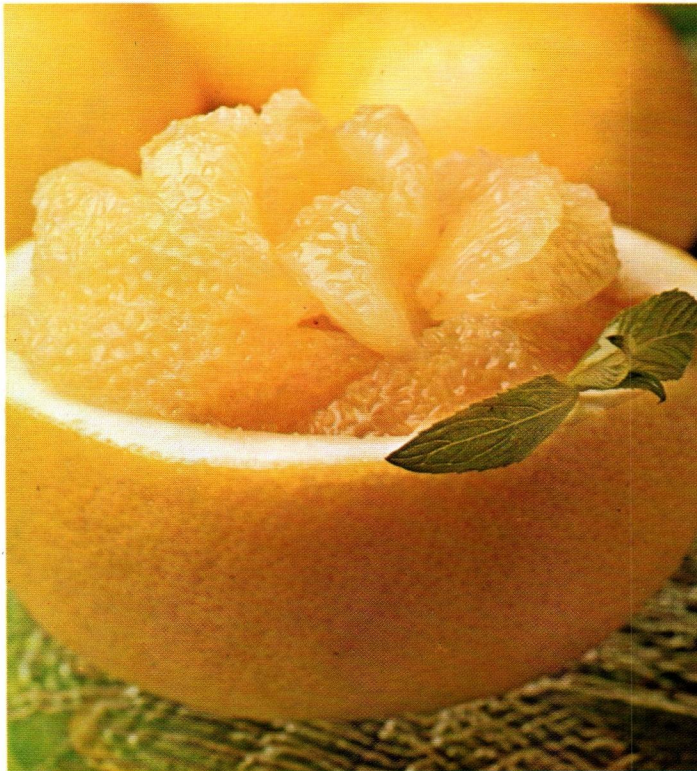
Cut each grapefruit in half, run a sharp pointed knife around inside edge and base of each grapefruit, lift the fruit out of each half. Cut fruit into segments. Place segments into bowl, pour over combined orange juice and sherry. (Two tablespoons of finely chopped mint can be added to the grapefruit.)

Cover, refrigerate until ready to serve. To serve, spoon segments into each grapefruit half, pour the liquid over.

Serves 4.

Other suggestions:

- Omit orange juice and sherry from above recipe. Substitute black currant syrup for the orange juice, add 1 teaspoon rum. Serve as above.
- Grapefruit segments can be cut as above, arranged in grapefruit halves; pour over 2 teaspoons of sweet sherry for each grapefruit half, sprinkle with brown sugar. Bake in moderate oven 10 minutes.



CHICKEN CROQUETTES**CHICKEN CROQUETTES**

1.25 kg (2½ lb.) chicken

60 g (2 oz.) butter

2 tablespoons flour

½ cup cream

2 teaspoons gelatine

salt, pepper

2 tablespoons chopped parsley

½ teaspoon dry mustard

pinch cayenne

2 eggs

¼ cup milk

packaged dry breadcrumbs

oil for deep-frying

Steam or boil chicken in usual way until tender. Reserve chicken stock. Remove skin and bones from chicken meat, chop meat into small pieces.

Heat butter in pan, add flour, stir until combined, cook 1 minute, remove from heat. Sprinkle gelatine over 1 cup of the hot chicken stock, stir until dissolved, add to flour mixture, add cream, stir until combined. Return to heat, stir until sauce boils and thickens. Add parsley, mustard, and cayenne, season with salt and pepper. Simmer gently 2 minutes.

Remove from heat, add chicken, stir until combined. Spread chicken mixture out on to tray, refrigerate until mixture is firm and set. With wet hands, take tablespoonfuls of mixture, roll into croquette shapes. Roll in flour seasoned with salt and pepper. Then dip in combined beaten eggs and milk. Roll in dry breadcrumbs. Repeat egg-and-breadcrumbing.

Refrigerate rolls until ready to deep-fry; at least 1 hour. Place rolls into deep hot oil, cook until golden brown. Drain on absorbent paper.

CREAMY CRAB SOUP**CREAMY CRAB SOUP**

60 g (2 oz.) butter

 $\frac{1}{2}$ small green pepper

1 small onion

3 tablespoons flour

 $1\frac{1}{2}$ cups chicken stock

salt, pepper

pinch cayenne

1 tablespoon dry sherry

1 cup cream

1 cup milk

250 g (8 oz.) can crab

Heat butter in pan, add seeded and very finely chopped pepper, peeled and very finely chopped onion. Saute gently until onion is tender but not brown. Add flour, stir until combined; remove pan from heat.

Gradually add chicken stock, stir until combined. Return pan to heat; bring to boil, stirring; reduce heat, simmer uncovered 5 minutes. Season with salt, pepper and cayenne.

Add cream, milk, sherry and undrained flaked crab (a little crab can be reserved for decoration). Simmer, uncovered, very gently 5 minutes. Serve hot with a little of the reserved crab in each bowl.

Serves 4.

FISH WITH CAVIAR



FISH WITH CAVIAR

4 fillets fish
flour
salt, pepper
1 egg

$\frac{1}{4}$ cup milk
packaged dry breadcrumbs
oil for deep-frying
60 g (2 oz.) black caviar

Remove skin and bones from fish. Coat fish lightly with flour seasoned with salt and pepper, then dip into combined beaten egg and milk. Coat fish with breadcrumbs, pat on to firm. Refrigerate 30 minutes.

Place fish into deep hot oil, cook until golden brown. Drain on absorbent paper. Place on serving plates, spoon sauce over, then top with caviar.

Serves 4.

SOUR CREAM SAUCE

300 g (10 oz.) carton sour
cream
1 tablespoon lemon juice
1 teaspoon lemon rind
salt, pepper

2 teaspoons horseradish
cream or relish
2 shallots or spring onions
1 teaspoon prepared mustard
 $\frac{1}{2}$ teaspoon worcestershire
sauce

Chop shallots finely.

Combine all ingredients in bowl, mix well. Allow to stand 30 minutes before serving.

HOT ASPARAGUS WITH CURRY BUTTER**HOT ASPARAGUS WITH CURRY BUTTER**

440 g (14 oz.) can green
asparagus spears
flour
salt, pepper
 $\frac{2}{3}$ cup cornflour

$\frac{1}{2}$ cup plain flour
2 teaspoons baking powder
1 teaspoon salt
1 cup milk

Drain asparagus, place asparagus on absorbent paper to absorb excess liquid. Gently coat asparagus with flour seasoned with salt and pepper. Sift plain flour, cornflour, baking powder and salt into bowl, make a well in centre of dry ingredients, gradually add milk, stirring until combined.

Dip asparagus into batter, then place immediately in very hot oil, fry until golden, remove from oil; drain on absorbent paper. Serve hot with Curry Butter.

Serves 4.

CURRY BUTTER

2 egg-yolks
1 tablespoon vinegar
1 tablespoon lemon juice
125 g (4 oz.) softened butter

1 teaspoon curry powder
1 tablespoon chopped parsley
salt, pepper

Place egg-yolks in top of double saucepan, add vinegar, lemon juice, butter and curry powder; mix well. Place over simmering water, stir until butter melts and sauce thickens; remove from heat immediately. Add salt, pepper and parsley, stir until combined.

GRILLED CHICKEN LIVERS



500 g (1 lb.) chicken livers
90 g (3 oz.) butter

packaged dry breadcrumbs

Wash and dry chicken livers, cut each chicken liver in half. Dip in melted butter, then roll in breadcrumbs. Thread livers on to thin skewers (the fine bamboo skewers shown in the picture are ideal).

Place under hot griller for about 3 minutes on each side, until golden brown and cooked through; while cooking, brush with any remaining melted butter. Serve hot, with prepared sauce.

Serves 2 as a main course, or 4 as an entree.

TOMATO SAUCE

15 g (½ oz.) butter
1 tablespoon prepared mustard
4 tablespoons tomato paste
½ cup water

1 small onion
pinch cayenne
2 teaspoons worcestershire
sauce

Heat butter in pan, add peeled and finely-chopped onion, saute until onion is tender. Add remaining ingredients, stir until sauce boils. Reduce heat, simmer uncovered until sauce thickens, approximately 5 minutes.

HAM-AND-CHEESE ROLLS



HAM-AND-CHEESE ROLLS

PANCAKES

1 cup plain flour
2 eggs

pinch salt
1 cup milk

oil for deep-frying

Sift flour and salt into bowl, make a well in centre of dry ingredients, add eggs, stir until combined. Gradually add milk, mixing until batter is smooth and free of lumps. Heat pan, grease with butter, pour in just enough batter to cover bottom of pan. As soon as one side is done, take the pancake out and continue with remaining batter. Cook one side only.

Put a tablespoon of filling on to cooked side of each pancake, fold into envelope shape, brushing the last fold with some of the batter to hold it. Just before serving, drop pancakes, one at a time into deep hot oil. Cook a few minutes until crisp and golden brown. Drain on absorbent paper.

Serves 4.

CHEESE AND HAM FILLING

60 g (2 oz.) butter

2 tablespoons flour

1 cup milk

1 teaspoon prepared mustard
salt, pepper

250 g (8 oz.) ham

5 shallots or spring onions

60 g (2 oz.) cheddar cheese

30 g (1 oz.) swiss cheese

oil for deep-frying

Heat butter in pan, add flour stir until combined, cook 1 minute, remove from heat, gradually add milk, stir until combined. Return to heat, stir until sauce boils and thickens, reduce heat, simmer 2 minutes; remove from heat. Add mustard, chopped ham, chopped shallots, chopped cheddar and swiss cheese, stir until combined. Season with salt and pepper; cool.

AVOCADOS



AVOCADOS

AVOCADOS MADRELINE

(shown in picture)

Halve 2 avocados, remove stones; brush cut edges with lemon juice. Spoon well-chilled canned consomme or consomme madreline into each avocado half. Top with sour cream, mixed with a little grated lemon rind. Sprinkle finely-chopped chives over.

AVOCADOS VINAIGRETTE

Halve 2 avocados, remove stones. Score inside of avocados, criss-cross fashion, just to the skin, to enable flavor of dressing to penetrate. Spoon over a little french dressing.

AVOCADOS WITH SEAFOOD

Halve 2 avocados, remove stones. Brush cut edges with lemon juice. Fill each avocado half with a mixture of shelled prawns, oysters and crab. When ready to serve, spoon french dressing or a prawn cocktail sauce over (see recipe card for Prawn Cocktail in this set). Serve with a lemon wedge.

Serves 4.

SALMON AND ARTICHOKE MORNAV



60 g (2 oz.) butter

3 tablespoons flour

1½ cups milk

½ cup sour cream

salt, pepper

½ teaspoon prepared mustard

60 g (2 oz.) cheddar cheese

SALMON AND ARTICHOKE MORNAV

250 g (8 oz.) can salmon

470 g (15 oz.) can artichokes

185 g (6 oz.) can champignons
(small mushrooms)

½ cup crushed cornflakes

60 g (2 oz.) cheddar cheese,
extra

Heat butter in pan, add flour, stir until combined, cook 1 minute, remove from heat. Gradually add milk, stir until combined. Return to heat, add sour cream, stir until sauce boils and thickens. Reduce heat, add mustard and grated cheddar cheese, stir until cheese has melted. Season with salt and pepper.

Drain salmon, reserve the salmon liquid; remove bones from salmon. Drain artichoke hearts, cut in half. Drain champignons. Add salmon with the reserved liquid, artichokes and champignons to sauce, stir until combined.

Remove from heat, pour into ovenproof dish. Sprinkle combined cornflakes and extra grated cheese over. Sprinkle with a little paprika, if desired. Bake in moderate oven 20 minutes or until bubbling and golden brown.

Serves 6.

Note: Canned asparagus pieces can replace the champignons in this recipe.

CHINESE LEMON CHICKEN



2 whole chicken breasts
 3 tablespoons cornflour
 1 tablespoon water
 3 egg-yolks

salt, pepper
 shallots
 oil for deep-frying

Remove chicken breasts from bones (giving 4 individual pieces), pound chicken breasts lightly. Place cornflour into bowl, gradually add water and egg-yolks, add salt and pepper, mix until combined. Dip chicken breasts into this batter; drain well. Place two pieces into deep hot oil, fry until golden brown and cooked through.

Drain on absorbent paper. Keep warm while frying remainder of chicken. Slice each chicken breast across into four or five pieces; reassemble on to each serving plate. Spoon over hot Lemon Sauce. Serve with shallot curls or finely-sliced shallots.

Serves 4.

LEMON SAUCE

4 teaspoons rice flour
 1 tablespoon sugar
 1 cup water
 $\frac{1}{3}$ cup lemon juice
 1 chicken stock cube

1 teaspoon soy sauce
 $\frac{1}{2}$ teaspoon grated green ginger
 salt, pepper
 1 teaspoon dry sherry

Place rice flour and sugar into pan, gradually add water, add crumbled stock cube and lemon juice, stir until combined. Add soy sauce, ginger and sherry. Bring to boil, stirring; reduce heat, simmer uncovered 2 minutes. Season with salt and pepper. If desired, four thin slices of lemon can be added to the sauce for the last 2 minutes of cooking time.

Note: Cornflour can be used in place of rice flour in the sauce, but rice flour gives a much smoother texture.

OYSTERS

OYSTERS
OYSTER COCKTAIL

24 oysters

 $\frac{1}{2}$ cup tomato sauce

1 tablespoon lemon juice

2 teaspoons worcestershire
sauce

1 teaspoon white vinegar

few drops tabasco sauce

salt, pepper

lemon wedges

Arrange oysters in 4 small, stemmed glasses. (Finely-shredded lettuce can be placed at the base of each glass before adding oysters.) Combine tomato sauce, lemon juice, worcestershire sauce, vinegar and tabasco, season with salt and pepper. Spoon over oysters. Serve with lemon wedges, and small triangles of buttered brown bread.

Oysters in the shell: (*shown in picture.*) Place oysters on to serving plate, on a bed of crushed ice or finely-shredded lettuce. Serve the cocktail sauce in a small bowl in centre of plate. Serve with lemon wedges and triangles of brown bread.

OYSTERS CZARINA: Top each oyster on the half-shell with $\frac{1}{2}$ to 1 teaspoon of caviar and a squeeze of lemon juice. Sprinkle with pepper, garnish with lemon wedge.

OYSTERS MORNAY: Coat oysters in the half-shell with Mornay Sauce, sprinkle with a little grated cheese and melted butter. Place under griller until cheese browns, or heat in hot oven for 5 minutes.

OYSTERS ROCKEFELLER: Cover oysters on the half-shell with a mixture of finely-chopped, cooked spinach and onion. Top with fine breadcrumbs and grated cheese. Brown in hot oven 5 minutes or under griller.

OYSTERS KILPATRICK: Season oysters in the half-shell with a little worcestershire sauce, salt and pepper. Cover oysters with one or two small strips of bacon. Heat in hot oven or under griller until bacon is just crisp.

QUICHE LORRAINE



QUICHE LORRAINE

PASTRY

1 cup plain flour
pinch salt
90 g (3 oz.) butter

1 egg-yolk
1 tablespoon lemon juice

Sift flour and salt into bowl. Rub in butter until mixture resembles fine breadcrumbs. Mix to a firm dough with lightly beaten egg-yolk and lemon juice; add one or two teaspoons water, if necessary. Turn pastry on to light-floured surface, knead lightly. Roll out to line base and sides of 23 cm (9 in.) flan tin. Refrigerate 1 hour.

FILLING

4 rashers bacon
3 eggs
1 cup cream
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ teaspoon salt
pinch nutmeg

pinch sugar
pinch cayenne
90 g (3 oz.) processed
cheddar cheese
90 g (3 oz.) gruyere or
swiss cheese

Dice bacon, saute until cooked and crisp; drain well. Combine beaten eggs, cream, milk, salt, nutmeg, sugar and cayenne. Finely grate cheeses. Sprinkle cooked bacon and cheese over pastry base. Carefully spoon over custard filling.

Bake in moderately hot oven 10 minutes, reduce heat to moderately slow, bake further 25 to 30 minutes, or until custard is set.
Serves 6.

GREEN PEA AND MINT SOUP



GREEN PEA AND MINT SOUP

1.5 litres (6 cups) chicken stock
750 g (1½ lb.) frozen green
peas
3 tablespoons finely-chopped
mint

salt, pepper
1 small onion
1 clove garlic
1¼ cups cream

Place stock, peas, mint, peeled and chopped onion and crushed garlic into large pan. Bring to boil; reduce heat, simmer, covered, 20 minutes. Remove from heat, push peas with their liquid through sieve.

Return to pan, bring to boil, season with salt and pepper; reduce heat, simmer a further 5 minutes. Stir in cream, stir until just boiling.

Serves 4 to 6.

HOT LENTIL SOUP

250 g (8 oz.) brown lentils
2 litres (8 cups) water
1 tablespoon oil
1 large potato
2 medium onions
1 large carrot

1 stick celery
2 tomatoes
1 clove garlic
470 g (15 oz.) can savory
brown lentils
vegetable salt

Wash lentils, drain. Cover with cold water and leave to stand 2 hours. Strain. Heat oil in large saucepan, add finely chopped onions and crushed garlic, saute 1 to 2 minutes until onion is transparent. Add lentils, water, peeled and chopped tomatoes; finely chop remaining vegetables, add to mixture with vegetable salt. Bring to boil, reduce heat, simmer uncovered 30 minutes or until lentils are tender. Add savory lentils, cook a further 10 minutes.

Serves 6.

CALAMARI**CALAMARI**

1 kg (2 lb.) fresh squid
 2 eggs
 flour

salt, pepper
 oil for deep frying



Hold squid firmly with one hand. With other hand, hold head and pull gently. Head and inside of body of squid will come away in one compact piece. Remove bone which will be found at open end of squid; it looks like a long thin piece of plastic. Clean squid under cold running water, then remove the brown outer skin.

Cut squid into 5 mm ($\frac{1}{4}$ in.) rings. Dip rings into beaten eggs. Toss well in flour seasoned with salt and pepper. Repeat egg-and-flouring. Cook in deep hot oil until golden brown; drain on absorbent paper. (Oil should be hot, but not too hot, or calamari will be brown before they are properly cooked and tender. Cooking time is approximately 3 minutes.) Serve with lemon wedges and Tartare Sauce (See recipe L3 in Fish set).

Serves 4.

CURRIED CHICKEN SOUP WITH ALMONDS**CURRIED CHICKEN SOUP WITH ALMONDS****1 kg (2 lb.) chicken****90 g (3 oz.) butter****1 medium onion****1 clove garlic****1 stick celery****1 tablespoon curry powder****1/3 cup flour****1 chicken stock cube****salt, pepper****pinch cayenne****1 cup cream****60 g (2 oz.) flaked almonds**

Steam or boil chicken in usual way until tender; reserve 3 cups of the chicken stock. Place almonds on tray, toast in moderate oven for approximately 5 minutes or until golden brown.

Heat butter in pan, add peeled and finely-chopped onion, crushed garlic, finely-chopped celery and curry powder, cook gently until onion is transparent. Remove pan from heat, add flour, stir until combined. Return to heat, cook 1 minute; gradually add reserved chicken stock, stirring constantly. Stir until mixture boils and thickens. Reduce heat, add stock cube, season with salt, pepper and cayenne. Simmer, covered, 10 minutes.

Remove skin and bones from chicken, cut meat into small pieces, add to soup with cream, simmer gently 5 minutes. Spoon soup into serving bowls, sprinkle with toasted flaked almonds.

Serves 6.